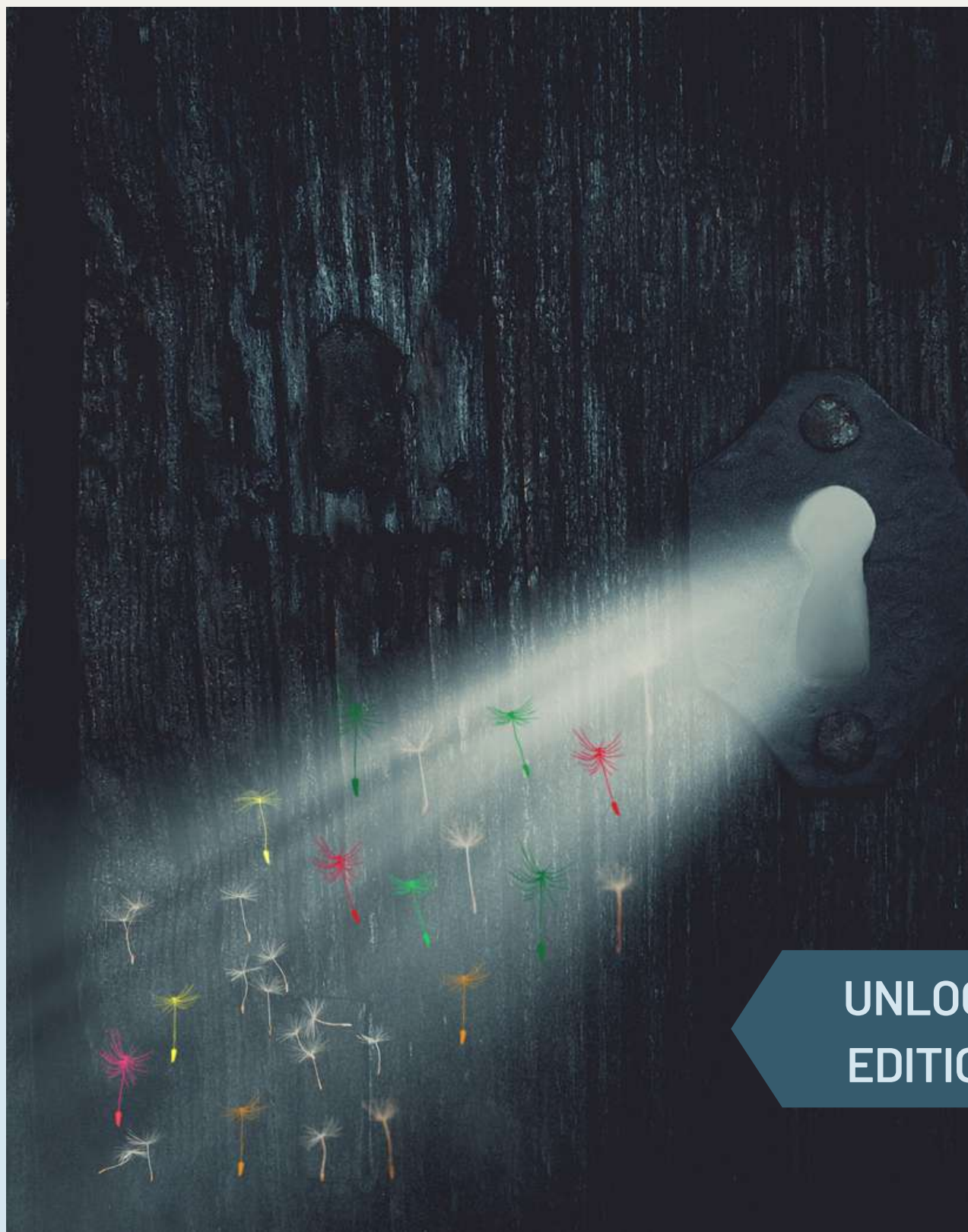


JAI HIND COLLEGE AUTONOMOUS E-NEWSLETTER

# THE REFLECTION



**UNLOCK  
EDITION**

Volume 01 | Issue 03 | June - August 2020

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Most of us have not experienced a crisis of the magnitude of the COVID-19 pandemic. Support and unity are the things which are keeping us motivated in these difficult times. While the aim of The Reflection is to keep the students and faculty up-to-date with the recent global and domestic research in various fields, the actions undertaken by the several departments of Jai Hind College Autonomous during this crisis is no less than an achievement.

It is during such times that we get an opportunity to push and rise above ourselves. With so much time on our hands, we can expand our mind to its horizons and generate revolutionary ideas. The Reflection is where all these revolutionary ideas can unite and inspire. Each page of the e-newsletter speaks of the initiative, efforts, and innovation by Jai Hind College Autonomous.

We take immense pleasure in being the area where the union of these ideas can ensue. Given the current times, this issue is also dedicated to all the faculty and students. They have continued to face the hardships of life and maintain the fire within them to learn. We can learn and get inspired by even the most minute phenomenon, and The Reflection is where we can reflect on these.

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01  
**CORONAVIRUS - THE PRELIMINARY THERAPIES**

02  
**UPCOMING RESEARCH TRENDS IN THE  
VIROLOGY OF HIV**

03  
**THE ADVENT OF ONLINE TEACHING**

04  
**MY EXPERIENCE WITH ONLINE TEACHING**

05  
**PHYSICS & LIFE SCIENCE**

6  
**MICROBIOLOGY**

7  
**BIOLOGICAL SCIENCES & NATURE CLUB**

8  
**BFM, BBI & BAF**



# THE REFLECTION INDEX



9  
**ECONOMICS**

10  
**POLITICAL SCIENCE**

11  
**PHILOSOPHY**

12  
**PSYCHOLOGY**

13  
**HISTORY**

14  
**ROTARACT CLUB**

15  
**JUNIOR COLLEGE**

16  
**NSS**

17  
**HSC RESULTS 2020**



# CORONAVIRUS – THE PRELIMINARY THERAPIES

BY SHRUTI SHASTRY

The case of the coronavirus has changed drastically since it was first dealt with in December 2019. The pattern of symptoms of the virus have changed, and so higher and more advanced techniques are being utilized to diagnose it. With the varying complexity of the infection, the treatment of the same has also taken a different route. In fact, due to the prevalence of different strains of the virus, the treatment options are plenty. The extent of infection is also a determining factor of the treatment route chosen. Until the vaccine for the virus is distributed to the public, these therapies are the first line of defense.

## (1) Use of drugs

As the term suggests, antiviral drugs are involved in eradicating the viral particles. The basic form of treatment for confirmed cases is the administration of antiviral drugs. To essentially block the virus, drugs such as Remdesivir and Favipiravir are being extensively used. EIDD-2801 and Recombinant ACE-2 have shown some promise. The vogue of the times were anti-malaria drugs. Hydroquinone and chloroquine, which have been used in the treatment



of malaria, seemed to have some impact on the coronavirus. However, medical professionals are not deeming it a viable cure for it.

## (2) Dealing with the immune system

The most interesting technique was that of the plasma transfer. It involved transferring the blood plasma of a corona-recovered patient into that of a positive patient. The antibodies in the blood plasma mimicked the action of the immune system in the patient. However, due to reduced availability of blood plasma, this technique has been reserved for terminally-sick patients.

## (3) Other therapies

Since the demand for drugs and other facilities is higher than their supply, patients are being treated based on the severity. Ventilators have widely been used to prolong the chances of survival of patients who are critical. This prolongation enables the therapeutic drugs to take effect. Other methods include administration of vitamins and mineral supplements, to keep the body overall healthy and to reduce the chances of a secondary or even an exaggerated reaction.

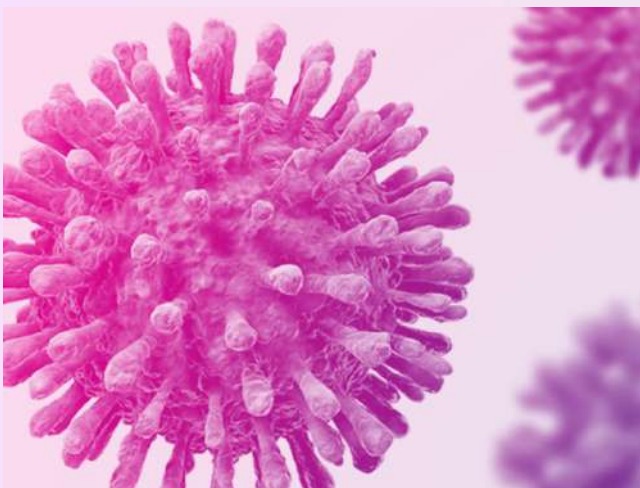
# UPCOMING RESEARCH TRENDS IN THE VIROLOGY OF HIV

BY AKSHATA SHELAR

Acquired Immunodeficiency Syndrome (AIDS) caused by the Human Immunodeficiency Virus (HIV) is the most devastating pandemic in the second half of the 20th century. From the past few years, much progress is observed in treatments and new researches regarding HIV. Although a cure for HIV has been a priority since the virus discovery, it remains elusive.

At present long-acting therapies like antiretroviral therapy (ART) is in vogue as it provides life-saving treatments for millions of people living with HIV and can prevent new infection via pre-exposure prophylaxis. As this combination of drugs slows down disease progression and prevents secondary infections.

Worldwide approximately 37.7 million individuals live with HIV, with approximately 1.1 million such individuals in the US alone. Whereas 1.7 million new cases occur annually and nearly 770,000 deaths. Emerging strategies and progress in science regarding genetic modification have unlatched new approaches for HIV cure research. These include approaches using CRISPR, CAR-T cell technology, broadly neutralizing antibodies,



clinical trials, gene editing, etc for the prevention and treatment of HIV. The latest discovery of new adjuvant, which helps incite long-lasting immunity against HIV.

Current research on intense experimental drug therapy aims at expelling concealed and dormant virus from an infected individual is in lead. Most advanced functional HIV cure in development seeks to inhibit the ability of the virus to replicate its genetic material. With all these upcoming tactics, preventive measures are of utmost importance.

On another side from an economic point of view, the global fund partnership deploys and invests more than the US \$4 billion a year to support programs regarding the 'end of AIDS, tuberculosis and malaria as epidemics' run by local experts in more than 100 countries.

Although current research has not yet illuminated the path either "cure" approach, research remains extremely prioritized and active, with promising novel drug mechanism and emerging science. Evolving methods have revaluated the concept of HIV cure, with the eventual goal of bringing the story of HIV to its completion.

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# THE ADVENT OF ONLINE TEACHING

The ongoing COVID-19 Pandemic may have disturbed the equilibrium of the world. The priorities of the world had changed – staying safe and healthy was the main objective. However, the war with the pandemic could not disrupt the educational sector – education, in no circumstance, could take a backseat.

Examinations are not the primary aim of educational institutes. Several institutes had to cancel their examinations – even for the final year – to ascertain the safety of their students and staff. It has now been months since the world has deviated from its path – it is now time to return. Jai Hind College Autonomous, on its path to glory, prioritised their students' health as well as their education. To quench their thirst of knowledge, several departments of the college organised online workshops, guest lectures and activities.

The next step was also taken – in the form of online teaching. It was not a consequence of the pandemic; this venture had been anticipated for a long time. Adaptation is the way of life. Our college has been gearing up their teachers to switch to the online mode. The initiatives and brainstorming undertaken by Mr Wilson Rao ensured that the college was ready to jump over the obstacles and try to retain some of the 'normal' life. The **'Task Force'**, as formed by the teachers engaged in training other teachers for this online venture, were aided by Jai Hind Autonomous College's collaborator IIDE, on recommendation of **Principal Dr Ashok Wadia**. The Task Force comprised of the teachers of the IT department, Mr Gokul Ganesan and Dr Balakrishna, to name a few.

The transition from chalk-and-board education to lectures with online means was not an easy one, but it was essential. The teachers were equipped with the skills and tools necessary for online teaching to certify that the lectures seemed no less efficient than in-person lectures. The credit of all this boils down to the **Principal Dr Ashok Wadia**. His constant support and willingness to venture into the initiative are what led to its success. Since the online lectures are being taken on third-party apps, internet safety was a concern.

Due to instances of hacking and cyber crime, intensive research was put into zeroing on the applications guaranteeing safety as well as efficiency. To build another wall of safety, the college encouraged students to form new email IDs, reserved for online lectures and matters of the college. The IDs were restricted from being used for any other purposes to ensure that they could not be traced back to confidential information. This initiative strengthened the belief of the students and teachers in the priorities of the college.

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# MY EXPERIENCE WITH ONLINE TEACHING

BY DR NISSEY SUNIL  
(FACULTY, DEPT. OF BIOTECHNOLOGY)

The Covid-19 pandemic brought many things to a standstill and has continued to disrupt life and routine as we have always known it. The real danger of having huge casualties caused the government to take an urgent and unprecedented call of a nationwide lockdown. Schools and colleges were the first to be shut to protect the young population of the country.

Teachers all over the world to reach out to their students opted for online methods. Teachers from Jai Hind College Autonomous too got into the online mode - an environment they were not familiar with for delivering lectures. **Principal Dr Ashok Wadia**, on his part, had a significant and pivotal role here. It was his prodding, encouragement and persistence that got the staff onboard and opportunities were provided for training in this to make the sailing as smooth as possible.

It has been only a few months now since we have put our efforts into online teaching and assessment, but what I have learnt from this experience is that it is one that is very different from an offline classroom experience. I believe that under the present circumstances this is the best option. There are opportunities to use and share many resources available online that one would not have explored had they not been driven to do so like as of now. The benefits of not having to travel and teach from home are good. Preparing for an online class may be more work as many teachers like me still use the blackboard to explain and hence, one needs to be more prepared and trained to be able to use the online tools which can compensate for this. However, certain aspects like going through subjective assignments may take longer online as compared to having a hardcopy to assess.

A big limitation is the inability to see all the students and being able to gauge who are the slow learners. Internet connectivity and limitations that come from third-party applications are some other downsides to the teaching-learning experience.

Overall, this is not like any other academic year – it's a different one in many ways and I consider that while there are always two opposite ways of looking at a situation, let's look at this one with all optimism and grab every single opportunity to make this learning process more fun and rewarding in every way.

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## DEPARTMENT OF PHYSICS

Ms Jyoti Mayekar and Dr Niyaz Ahmed started their own YouTube channel on 16th June and 25th June respectively, to share videos based on Nuclear Physics, Atomic and Molecular Spectroscopy, Quantum Mechanics and Legends of the Physics world.

Dr Niyaz Ahmed is engaged in a tutorial-based venture to help students preparing for competitive exams like **JAM, TIFR GS & JEST**, while Ms Jyoti Mayekar's channel focuses on the curriculum of TYBSc and FYBSc students.

Dr. Balakrishna has been a part of the online teaching task force for the college teachers and acts as a coordinator for the science faculty. He has conducted sessions for the science faculty as well as SYBSc students based on orientation of online tools and techniques with hands on experience (including synchronization of Google classroom, Calendar and Meet). He too has his own YouTube channel since May, for educating the students on Electricity, Electronics and optical fibres.

Our TY students Dilkhush Zaroliwalla and Gaurang Gehlot interacted with the FY and SY students over a zoom call and shared information about reference books and websites respectively, relating to **IIT JAM examinations**.

## DEPARTMENT OF LIFE SCIENCE

Ms Yogita Walke, an assistant professor of the Life Science department, has started a YouTube channel 'Yogilogy' for guiding **UGC-CSIR NET Life Science** aspirants. Having faced challenges in her preparation for this test, she wanted to provide a modern medium to guide students. Especially in these COVID-19 times, where getting access to face-to-face training is challenging.

The response she has received has been overwhelming, with many subscribers and a positive feedback. She also received the opportunity to be a speaker at webinars at D. Y. Patil University as well as at Jai Hind College Autonomous.





# DEPARTMENT OF MICROBIOLOGY

The month of June had been full of aspirations and excitement, as it marked the beginning of the new academic year. A brand new chapter in a student's life as well as the teacher's life. The atmosphere was fully charged up; teachers and students both, had a lot planned out for this academic year. This year of 2020 wasn't the same. With our country and the world in the midst of a COVID-19 pandemic, things had taken an unexpected turn. School and colleges shut indefinitely and an atmosphere of uncertainty around. Both, the students and teachers, felt the adverse effect of this pandemic. At Jai Hind College Autonomous we are taught to never give up. Our spirit of **'I WILL AND I CAN'** has now become **'WE WILL AND WE CAN'** in this pandemic and has always helped us to make the impossible, possible. So at the Department of Microbiology, the teachers and students also found a way out to make use of this time apart.

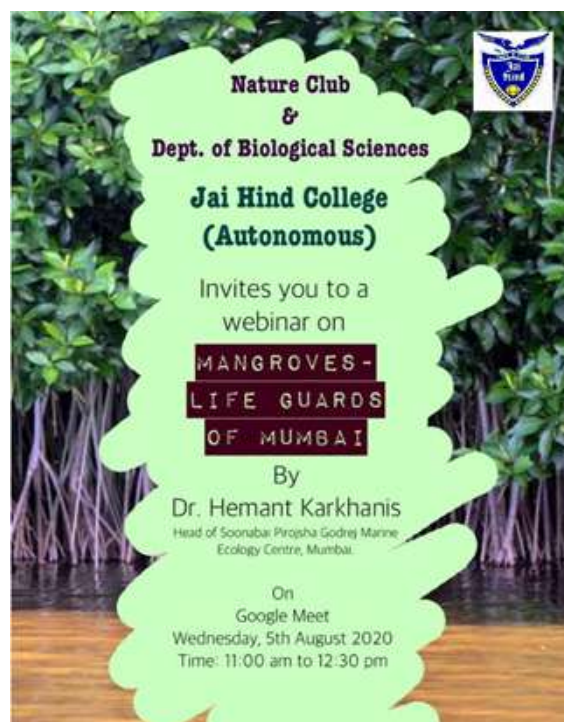


The Department started a lecture-series to make the students aware of the different career options available under the **JHC Life Sciences** umbrella, particularly in Microbiology. The 3rd Webinar in the series held on 17th June 2020, was a talk delivered by Dr. Mrunal Warke (Dy. QA Manager, HiMedia Laboratories) and the topic covered by her was **Molecular Diagnostics**. The topic in itself was relevant, especially in the present-day scenario. Dr. Mrunal gave an overview with applications of different techniques used in Molecular diagnostics. Also Dr Mrunal shed light upon the principles of kits developed for testing and detection of the NOVEL Coronavirus (SARS COV-2) by Himedia. As a post webinar activity, the students were expected to submit a test based on the same. The webinar saw 85 attendees and was indeed a success.



# NATURE CLUB & DEPT OF BIOLOGICAL SCIENCES

Nature club along with the Department of Botany jointly organized a Webinar on Google Meet on the 28th July 2020 as the lockdown and the pandemic has made all of us virtual learners. **The Fascinating Forests** was by Dr Parag Mahajan. Dr Mahajan is a medical doctor by profession and is a practising Radiologist in Pune. MBBS and post-graduation in Radiology from B. J. Medical College, Pune. He did a fellowship in CT scan from Washington University Medical Centre, USA. Nature and especially Botany is his region of interest along with environmental issues. He completed M.Sc., Environment and Ecology and 1-year course in Sustainable Development at The Ecological Society, Pune. He has extensively travelled Indian and East African forests to study its flora and fauna.



Nature club with the Departments of Biological Sciences organized a webinar (google meet) on **"Mangroves – Life Guards of Mumbai"** by Dr Hemant Karkharnis (Head of Soonabai Pirojsha Godrej Marine Ecology Centre, Mumbai) on 5th August 2020. He has a wide experience of working at the mangroves. His talk focused on the characteristics of Mangroves their adaptations and how they can grow in areas with high salinity, on understanding mangrove ecosystem, its various aspects such as distribution, growth, biodiversity, threats and legal status, indicators to understand mangrove ecosystem, and the role of stakeholders in mangrove conservation. It also highlighted how lucky we are to have mangroves in our midst in Mumbai. Unfortunately, we do not seem to value its beneficial role for a coastal city such as ours! The talk also highlighted the role of Godrej in their conservation.



# DEPARTMENT OF BAF, BBI AND BFM

The Department of BAF BBI & BFM is known for its strive to progress not just in academia but also the overall development of the student that walks in and goes out with an all-round, wholesome and rich experience of college life, in spite of the ongoing pandemic. Concourse, the student body of the department dealt with exclusive lecture series to make the best use of the students' time. Concourse works along the lines of bringing the knowledge and wisdom of experienced people around the world to our students. Concourse brought a global workshop on **Islamic Banking (Non-Interest Banking)**. The club marked speakers from various different countries and walks of life speaking on their core subject expertise – Mr Dushyanta Kawdikar from Grey Stone College Canada, Ms Faye Salins from Southern Alberta Canada, Ms Khushboo Nangalia from Malaysia to name a few. **The Endeavour Editorial Club** has been successful in providing bewitching resources on practical recommendations on careers and educational preferences after degree college.



The first in the series is the interview indulging a data science enthusiast and a risk analyst at Deloitte, Ms Onyeka Okonkwo from Lagos, Nigeria. Second in this series of interviews is a JHC BFM alumnus – Ria Joneja. She is pursuing her MBA from Wharton School of Business at the University of Pennsylvania. The CFA who has worked at prestigious firms like KPMG and NIIF talks about her journey from “**I never thought I’d get into Wharton**” to “**Getting into Wharton**”. The departments’ financial magazine, the 13th edition of **Bazaar** helps in understanding the underlying reasons as to why the stock market is rallying upwards even though the economic growth is tanking with every passing day. The issue acquaints the readers with a new market classification – **The Kangaroo Market**. The updates regarding the Covid-19 Vaccine has also been highlighted. The issue further addresses the behaviour of retailers and how their actions differ significantly as compared to the big players in the market. The newest club, The Financial Cell, organised **Make the Move – a virtual Mock Stock** on the 12th July. The aim of this event was to make sure the participants attain a realistic feel of investing in the stock market. Each participant had been allotted to a broker. The brokers were the members of the organising committee.



# DEPARTMENT OF ECONOMICS

**Arthanomics 2020**, the flagship endeavour of the Economics Department of Jai Hind College, is an online unique platform for the inspired youth and has proven to be distinctive for countless reasons. As a run up to the event which will take place on 14th, 15th and 16th August, 2020 this year we hosted a series of webinars which encompassed an array of educational and instructive topics.

On 30th June, there was an Instagram live with **The Light House project**, a non-profit organization in Mumbai connecting college students to under-resourced communities. Trishya Screwvala, one of the founders of the NGO, emphasized on the importance of volunteering in the society and how it's so crucial for development.

On 4th July, there was an Instagram live where we interviewed a trio of young entrepreneurs Aditya Somani, Amaan Zaveri, and Rohan Somani who started their very own business venture—**The Heritage Fabrics Clothing** at a young age, inspiring various students with their growth and success.

On 2nd July, 6th July & 14th July, **Inner Planet** silenced various stigmas surrounding mental health and highlighted the importance of mental well-being, addressing anxiety and depression.

On 12th July, a webinar with **Not Your Newspaper** - a digital platform that aims to simplify the news and current affairs for the average citizen. With polls apart, our speakers gave an unbiased view of India's political spectrum and the emergence of extremes.

On 17th & 19th July, Campus France, working under the Ministry of External Affairs

collaborated with Arthanomics and informed us about various educational opportunities one can explore in France and the scholarships available for the same.

On 22nd July, a webinar with Disha Shah, co-founder of two organizations. She talked about financial literacy, covered several investment options, helping students make informed financial decisions, and become independent.

On 25th July, a webinar on **Climate Change and Gender Justice** by Vandita Morarka. She is an activist and the CEO of One Future Collective explained how it is an existing problem and what role we play in the same

On 27th July, a webinar about **behavioural economics** by Deepti Thomas. She threw light upon how the market manipulates the consumers and how our decision making is affected by the same making attendees think twice about their purchases.

On 29th July, a panel discussion with the top **women entrepreneurs** in the industry. They shared their entrepreneurial endeavours and their struggles in their journey.

On 8th August, the last webinar of **Artha Series** was in collaboration with IIDE. The session explored various virtual internship opportunities that have become more relevant than ever.



# DEPARTMENT OF POLITICAL SCIENCE

Keeping in view that the students stay productive even during the lockdown period, the faculty organized a webinar on “**China’s Soft Power Strategy**” on 23rd June 2020. The speaker was Ms. Madhura Bane, P.G. Centre Co-ordinator, S. P. College, Pune. It was attended by the Political Science students of FYBA, SYBA & TYBA.

Ms. Madhura spoke on all the three aspects of soft power viz. political values, culture and foreign policy. The talk enriched the students understanding about soft power with respect to China.

The faculty shared several relevant articles and videos to provide the young minds food for thought. For instance, “Resolve & Prudence” related to Chinese intrusion in Ladakh, “Why South China Sea Matters?”, “Easier Said” related to economic retaliation against China, “Russia Backs India for Permanent UN Security Council Seat”, “Diplomacy After Galwan”, “Why is India out of Chabahar rail Project?”,

A video was shared on “Current China –India Status”, Relevant videos from “the Economist” were also shared. For example, “Is working from home a new normal?” and “What will happen to the global economy?” to name a few.

The faculty apprised the students about the relevant competitions, webinars and online courses organized by other Colleges so that they may utilize their time in a best possible manner.

With online education becoming the need of the hour, the faculty attended several webinars to learn the online teaching tools.



# DEPARTMENT OF PHILOSOPHY

The department announced two workshops for students by professionals in each field to engage students after lecture hours. On 8th August 2020, **'Workshop on Acupressure'** was organized which was facilitated by Ms. Pragati Kanugo, a well-known alternate medicine practitioner, graphologist, acupressure therapist, Sujok therapist, and an ex-student of Jai Hind College. Topics covered in the workshop included an introduction to acupressure, master points of acupressure for ailments such as headache, cold and cough, sinus, blood pressure, backache, cervical pain and frozen shoulder. Ms Pragati taught the participants various techniques to apply pressure without any instruments and concluded with a small brief on Seed therapy. The question and answer round was very elaborate with Ms Pragati giving tips on pressure points to all participants with any ailments. The workshop was a grand success with over 150 registrations and included philosophy students, non-philosophy students and as well as their parents. All student participants were provided with e-certificates. This workshop gave a plethora of



information which all students and parents found very useful besides being easy to apply. Our second workshop was titled **"Spiritual Healing"** held on 12th of August, 2020. This workshop was facilitated by Ms. Janki Mehta, who is a psychotherapist and counsellor since a decade now and the co-founder of Mind Mandala. She is passionate about holistic psychotherapy using a trauma – informed approach merging Eastern and Western psychotherapy. She too is a proud alumnus of Jai Hind College Autonom. This session highlighted topics like what is spirituality and healing, how are psychotherapy and spiritual healing connected, how can one deal with several mental imbalances like anxiety, depression, anger management issues etc. by incorporating spiritual healing as a therapy and focusing on what sort of benefits are reaped from such healing techniques. The question and answer session was very interesting too and students benefitted a lot from it by getting different perspectives on their life issues. This workshop too received approximately 150 registrations and included not only by philosophy students but non philosophy students as well. The Philosophy Department and Philosophy Association are planning many such interactive workshops in the forthcoming days.



# DEPARTMENT OF PSYCHOLOGY

During times of unpredictability and anxiety as the virus spread to bounds and extents the Psychology department, headed by Monica Kumar, Vice Principal Dr Ruchi Chaturvedi and Jyoti Naik who tirelessly arranged for the best to come virtually and speak to the students to help them deal with the uncertainty of the future and the help see the positives amidst these trying times. The first webinar was by Dr Avinash Dsouza who gave the **Clinical Approach** to how one fortunately or unfortunately should accept these trying times and maximize productivity post self-enjoyment time is done. With clarity on how to manage unaccounted time students moved on to attend an online workshop on **Self-Grooming** by Ms Naima Rahimtulla. With an understanding of what lies ahead and self-care students plunged into an extensive series of webinars kick started by the proud alumni of Jai Hind the likes of whom included Anagha Shetty, Saumya Bahuguna, Samrudhi Damle Esha Sharma and others who showed the possible career prospects of MA and MSc in psychology to their budding psychology juniors.



This series was then taken forward by the highly esteemed and knowledgeable faculty members of a number of colleges, for instance Dr Monika Rikhi and Asst Prof Manu Chauhan who belong to the Aurobindo College, Delhi university, thus not only widening horizons in Mumbai but across states as well.

Professors from SNDT college, Amity University, Mithibai College, St. Xavier's College, NK College, Maniben Nanavati Women's College etc all extended their course structures, requirements, and plan of action for the masters programs that they offer in psychology thus pumping up students with enthusiasm and giving them a goal to reach to. Post traditional courses of psychology being discussed upon the last phase of webinars were a bit more unconventional yet equally informative and enriching, the speakers here were Sara Rouhzad (psychoanalyst and child analyst), Pragya Lodha discussed **Mental Health** amongst celebrities, Janki Patel (Co-founder at Mind Mandala) and lastly we all unwound by destressing through dance with Laveena Karla. These webinars were successfully spanned over from May 22nd to the 27th of June.



# DEPARTMENT OF HISTORY

The History department has been resolutely striving towards providing holistic education with emphasis on honing reading and research skills of its students.

Learning continued in the extended lockdown period by uploading and sharing videos, documentaries, articles and pictures that provided additional new perspective to the information learnt. The students were regularly informed about the various Webinars, Guest lectures, and Competitions organised by the College and other Educational Institutes to help in attainment of knowledge. Students have been motivated to enroll for value added online courses that will endow a platform for an interdisciplinary approach towards humanities, develop communication skills and facilitate market placement. A Special Zoom session was organized by the faculty to address the doubts and queries of students pertaining to history as a subject and a career.

To mention a few Webinars from the many



attended by the faculty were on **Sustainability and Survival, Intersection of Science, Technology and Arts, India China relations: Galwan Puzzle, Making Education Relevant-Confluence of Global Educators & Motivators, India's political divide and the emergence of extremes, Introduction of Heartfulness Practices.** The faculty has also successfully completed the courses it enrolled for, with the intention of supplementing knowledge and initiating the latest trends in the discipline of history and other auxillary sciences for classroom teaching.

The faculty has been involved in the admission work of the college and has attended all the meetings vital for the smooth functioning of the institute during the lockdown period. The department has resumed teaching through Google Meet and is optimistic to employ the new digital teaching techniques for enhanced student interaction and for the future of education.



# ROTARACT CLUB

## OF JAI HIND COLLEGE AUTONOMOUS (RCJC)

RCJC organised several workshops and seminars for its members. All of these were based on relevant and cultural themes.

**Graphology Workshop** was organised on 2nd and 3rd July 2020 and was a two workshop for beginners to learn more about handwriting analysis.

**A Pawsitive Light** was held on 4th July 2020 and was an initiative to feed the unheard voices of the strays.

**Guru Poornima** was celebrated on 5th July 2020 with video based initiative to present a small token of love and appreciation for the students' end.

**Drizzle** was held on 9th July 2020, which is our monthly open mic on the theme 'Monsoon'.

**Masked Smiles** was held on 12th July 2020, where we engaged in donation of masks to 'Desire Society', an NGO based in Goregaon for HIV positive kids.

**Art Unbound** was planned on 13th July, a unique "no-brush" painting competition to unleash the artist in students.

**We All Bleed Red** was held on 18th July, we launched a blog with various articles from our team against Racism.

**Conflict Confronts** was held on 20th July 2020 and was a debate competition on various rising national issues.

**Laugh With RCJC** was held on 25th and 26th July



standup comedy competition to give a platform to upcoming comic artists.

**Aaja Nachle** was organised on 30th July 2020, a Bollywood Zumba Workout Session for burning off stress and calories.

**COVID SOS** was a month long event an initiative to create a chain of volunteers to help the old and affected citizens in these challenging times.

**Gesto** was held on 7th August 2020 and was a strategic workshop to acquire information on how to express yourself through hand and arm gestures.

**Uplifting** was organised on 12th August 2020, an interactive instagram live session with youngsters who inspire and motivate the young innovative minds.

**Numerology Workshop** was planned on 13th and 14th August 2020 was a two day workshop to analyse birthdates, and various other important numerical patterns.

**Rang De Basanti** was an event on 15th August 2020, a special curative edition of performing from various talented artists on the theme '**Patriotism**'.

**Samjhauta Express** was held on 15th August 2020 and was a collaboration with a Rotaract Club in Pakistan and launch a joint blog to promote peace and harmony between the nations on the occasion of Independence Day.





# JUNIOR COLLEGE

## JAI HIND COLLEGE AUTONOMOUS

A webinar in association with IIFL, Wealth Management was conducted to emphasize on **weight management as a career** on 27th June, with the key speaker Ms Anu Jain, a senior partner at IIFL Weight Management. Ms Jain is an alumna of the college. The other speaker was Mr Sandeep Jethwani, the Senior Managing Partner, at IIFL Wealth Management.

The webinar featured expert views on the current equity markets, investment opportunities post Covid-19 & gave insight on career in wealth management industry. The session was co-ordinated by Ms Z G Surti, the Vice Principle of Junior College.

**Mental Health: First Aid** for JHC staff, students & members of public was hosted in association with Food: Ek Choti Si Ash on 29th June. The speakers were Dr Ruksheda Syeda, a leading psychiatrist & psychotherapist.

The well-attended webinar addressed expert view on impact of Covid-19 outbreak on mental health of students, parents, and couples & how to handle it powerfully.



**Dr. Ashok Wadia**  
Principal  
Jai Hind College, Mumbai

**Dr. Syeda Ruksheda**  
Leading Psychiatrist  
and Psychotherapist

Dr. Ashok Wadia [Principal, Jai Hind College, Mumbai]  
Invites you to a webinar on

### Mental Health First Aid

The webinar will feature expert views on the impact of the COVID-19 Outbreak on the mental health of students, parents, families, couples, and how to handle it powerfully.

Speaker  
**Dr. Ruksheda Syeda**  
An Eminent Psychiatrist & TED Speaker  
Trellis Family Centre.

**Monday**  
**29th June, 2020**  
**Time: 12:00 noon**

**Register Now:** <https://bit.ly/MENTAL-HEALTH-FIRST-AID>  
[www.facebook.com/foodekchhotisiaasha](http://www.facebook.com/foodekchhotisiaasha)

Powered by "Food - Ek Chhoti si Aasha"



**EXPERT SPEAK WEBINAR**

Dr. Ashok Wadia, Principal,  
Jai Hind College invites you to a Webinar on

### WEALTH MANAGEMENT AS A CAREER OPTION

The webinar will feature expert views on the current market scenario, discuss investment opportunities post-Covid, and provide deep insights regarding exciting careers in the wealth management industry.

Speakers—

**Sandeep Jethwani**  
Senior Managing Partner, IIFL Wealth Management

**Anu Jain**  
Senior Partner, IIFL Wealth Management

Date: Saturday, June 27, 2020 | Time: 4:00 PM

# NATIONAL SERVICE SCHEME (NSS)

## JAI HIND COLLEGE AUTONOMOUS

An online session by Dr Jha from Mahatma Gandhi Blood Bank was organised on 15th June to celebrate '**World Blood Donation Day.**' Our two volunteers Ms Khushi Agarwal and Mr Sarvesh Ghag attended an online Yoga Session by University of Mumbai from 16th June to 21st June.

An online session for **World Yoga Day** was scheduled on 21st June.

A session on **Yoga Day** was organised with the JHC Gymkhana, Department of Philosophy and IQAC Cell on Google Meet on 22nd June.

An online session by Mr Ashutosh Saxena on '**World after Pandemic**' was held on Google Meet on 30th June.

Our volunteers Mr Sarvesh Ghag and Ms Khushi Agarwal attended an **online leadership training camp** from 11th July to 15th July.

A webinar by Mr Bhuneshear Mishra on '**How to prepare for UPSC Exams**' was held on 4th July.

A webinar by Dr Sangeeta Parab on her book '**Mansukhicha Deepstambh**' was held on 16th July on Google Meet.

A webinar by Ms Yogita Walke on '**How to prepare for CSIR NET Exams**' on 18th July was held on Google Meet.

A session on '**How to manage yourself in COVID-19**' by Mr Ashutosh Saxena was organised on 21st July on Google Meet.

A session on '**Creative Side of Dancing**' by Ms Siddhi Kadam on 23rd July was organised.

A session by **Heartfulness Foundation** was held between 27th July to 29th July.

A guest lecture by Dr Kruti Pandya on '**Balanced and Healthy Diet**' was scheduled on 31st July.

A **meditation session** at 7.30am for students on Zoom by Heartfulness Foundation was held on 3rd August.

Students attended a **Transforming Education Conclave** organised by UGC on YouTube on 7th August.

An online debate for students on '**Issues in Covid 19**' was held on 9th August.

**Upholding the traditions of Jai Hind College Autonomous and with patriotism in his heart, Principal Dr Ashok Wadia performed the flag hoisting on the Independence Day in the college premises. The event was streamed live, and the Independence Day was celebrated on the virtual platform.**



# JAI HIND COLLEGE AUTONOMOUS HSC RESULTS MARCH 2020

The MSBSHSE declared results Of SY XII for academic year 2019-20, on July 16, 2020.

**Jai Hind College Autonomous overall results were 99.45%.**

**Commerce : 99.83%**

(It was 0.17% short of 100% as one student could not appear for exams due to her selection training in MCA Indian Women Cricket Team)

The Commerce topper is **Mahika R. Pahuja**, scoring 95%.  
1 student scored 96/100 in Sindhi, which was the highest in boards.

**Arts : 99.16%**

The Arts topper is **Jain Preet Deepak**, scoring 96%.  
1 student scored 98/100 in History, which was the highest in boards.

**Science : 99.10%**

The General Science topper is **Gagrat Aafreen Firdosh**, scoring 88.46%.

The Computer Science topper is **Khan Mutasim Javeed**, with 95%

The Electronics topper is **Mahabaleshwarwala Taikhum**, scoring 92.20%.

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*This issue of the newsletter aims at highlighting the activities undertaken by the various departments between June 15th and August 15th. Several other activities have also been conducted for the students.*

**Find all the issues at**  
***<https://www.jaihindcollege.com/media/publications.html>***

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